

Summary table of activities by day of the week (月, 火, 水, 木, 金, 土) with specific activity names and times.

【不定期開催】卓球(午前) | 9:00~11:50 卓球(午後) | 13:00~15:50 囲碁・将棋 | 13:00~15:00

(同) | 同好会活動(会員制)※途中入会可の同好会あり ■ | 定期講座(年間・半年の申込制) ★ | 当日参加可能(事前申込不要) ● | 単発講座(事前申込制) ▼ | 左京区地域介護予防推進センター受付(TEL707-2730)

Summary table of activities by day of the week (月, 火, 水, 木, 金, 土) with morning and afternoon columns.

Special event announcements for December: 12月『筋肉量測定』22日(金), 1月『血管年齢測定』11日(木), 大人のぬり絵サロン, たのしい脳トレ.

Activity schedule for days 4, 5, 6, 7, 8, 9.

Activity schedule for days 11, 12, 13, 14, 15, 16.

Activity schedule for days 18, 19, 20, 21, 22, 23.

Activity schedule for days 25, 26, 27, 28, 29, 30. Includes '年末大掃除' and '設備点検'.

年末年始休館のお知らせ (Year-end and New Year closure notice) with dates and contact information.